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**Sent:** Saturday, December 19, 2009 5:13 AM  
**To:** ATR-Agricultural Workshops <agriculturalworkshops@usdoj.gov>  
**Subject:** my story

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You said you are looking for stories from the people and their experiences, I will do my best. When I was young I was a very healthy vigorous child, I went to bed late and could wake up early, I outdid other kids in sports. I thought no matter what I did, I felt strongly that my body would handle it. I think when I was about 13 or so I started to notice abdominal cramping after eating, that was like an intense shooting pain. I had linked it to red meat. So I stopped eating this food and the effects were varying sometimes I still felt bad, and I felt a lot of the time in my teenager life that I was really ill a lot of the time. I also had experienced rectal bleeding and other unhealthy symptoms of this nature. But I was not at the point of seriously being able to figure out any trigger cause. In the course of three years I linked non-organic milk, canola oil, heavily processed foods. Last summer I spent almost the entire summer without eating any processed foods from grocery stores and I felt like in a lot of ways my body worked better than I felt it could at this point, much better. But it took about three to five years of strong effort and awareness to get to this point of feeling better. In 2006 I had an issue with my body where it was like I couldn't digest anything. I felt like I was going to die my body hurt so much, I had to quit my job because of my health problem. I had quit seeing any kind of regular doctor and at this point only went to see my naturopathic doctor, I had started doing research and no longer believed regular doctors would help me at all. This last year I had read about the GMOs which many of the foods that I have had allergic reactions have been under the GMO list (ie canola, HFCS, hydrolyzed soy proteins etc.) Since I have been avoiding anything that could be a GMO product and have been feeling much better. If I by accident eat something that is GMO I feel like I am less me inside and it lasts for at least a week in various ways, from eating just one of these foods. I feel that a lot of illnesses people are getting as well as weakening immune systems have something to do with the GMOs hidden in our foods. I am hoping that people no longer will be exposed to such terrible things as these! For the health and happiness of others especially my heart goes out to the children in America who are getting fed these things at such a tender age, like in their baby formula or something.

Sandra R. Kurman